

## 1965 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Gordon E. Tracie

PARISARPOLKA  
(Folk Couple Dance from Norway)

Pronunciation: pah-REESS-ahr polka

SOURCE: This figure dance for couples, with the typical forward-and-back pattern common to so many Norwegian folkdances (for example: Reinlendar, Feiar), is the likely ancestor of the "Scandinavian Polka" (or "Seattle Polka" in the Pacific Northwest) widely danced in many parts of the United States. It was, no doubt, brought to American shores by immigrants from Norway during the last century.

The Norwegian folkdance manual gives five different figures to Parisarpolka, each of which is merely an elaboration or variation of the basic pattern. While all of these are used in consecutive order, for formal folkdance exhibition, this dance also survives among the people in the oldtime dance tradition, and is thusly danced more or less freestyle thruout the country. The first three figures given are the most common, and when danced four times thru, precisely fit the melodic sequencing of the below-listed record. Otherwise, all five figures PLUS a repeat of Figure I, may be danced two times thru -- in which case Figure I appears twice in a row in the middle of the record.

TRANSLATION:	"Parisian" Polka	CATEGORY:	Folk couple dance
REGION:	General thruout land.		
SKILL LEVEL:	Elementary-intermediate		
MUSIC:	2/4.		
RECORD:	Aqua VIKING V-301 a		
RENDITION:	16 meas 12x thru.		
TUNE TITLE:	Parisarpolka		
INTRO:	4 meas.		
DURATION:	3:28		
FORMATION:	Any number of cpls in circle, LOD CCW		
POSITIONS:	Simple open, 2-hand hold, closed shldr-wst. Free hand either loose at side, or on hips Norwegian style (thumb fwd, fingers back).		
FOOTWORK:	Opp thruout: walking, open 2-step, pivot (with down-up motion).		

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CHARACTER: Relaxed, with freedom of movement; steps springy but quiet;  
 IMPORTANT: eye contact with partner should be maintained thruout.

FIG. I (CUE: ONE HAND):A. Fwd & back (one hand joined):

- 1-2 Ptnrs facing each other somewhat, inside hands joined at shldr level. Bgng on outside ft, 3 springy walking steps in LOD, followed by rest on outside ft while touching toe of inside ft across in LOD.
- 3-4 Without changing handhold, bgng on inside ft (the one just touched), 3 springy walking steps in RLOD, followed by rest on inside ft while touching toe of outside ft across in RLOD.

B. Two-step fwd (one hand joined) and pivot turn:

- 5-6 Maintaining same handhold, bgng on outside ft, 2 open two-steps fwd in LOD, slightly face-to-face and back-to-back (but not losing eye contact with ptnr.).
- 7-8 Taking closed shldr-wst posn, bgng on M's L, W's R ft, 4 down-up pivot steps (cnt: "one and two and three and four and") to make 2 turns arnd CW, prog fwd in LOD.
- 1-8 Repeat entire figure.

FIG. II (CUE: NO HANDS):A. Fwd & back with turn (no hands joined):

- 1-2 Releasing closed posn to allow arms to swing free, bgng on outside ft, 3 pivot steps turning lx arnd away from ptnr (M CCW, W CW) while progressing fwd in LOD, followed by touch of toe of inside ft while spontaneously snapping fingers or clapping own hands or raising arms on last cnt.
- 3-4 Bgng on inside ft, 3 pivot steps to turn lx arnd away from ptnr in opp dirn (M CW, W CCW) while progressing RLOD, followed by touch of toe of outside ft and gestures as above.

B. TWO-STEP fwd (no hands joined) & pivot turn):

- 5-6 Without hands joined, but swinging free, bgng on outside ft, 2 open two-steps fwd in LOD, slightly face-to-face and back-to-back (with continued eye contact with ptnr).
- 7-8 In closed shldr-wst posn, bgng on M's L, W's R ft, 4 pivot steps arnd CW as in Fig. I, B.
- 1-8 Repeat entire figure.

FIG. III (CUE: TWO HANDS):A. Fwd & back with turn under (two hands joined):

- 1-2 Both hands joined with ptnr, lifting outer arm first, bgng on outside ft, 3 pivot steps turning lx arnd (M CCW, W CW) under upraised arms, while progressing fwd in LOD, followed by touch of toe of inside ft.
- 3-4 Keeping both hands joined, lifting inner arm first, bgng on inside ft, 3 pivot steps to turn lx arnd the opp way (M CW, W CCW) under upraised arms, while progressing RLOD, followed by touch of toe of outside ft.

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- 5-6 B. Two-step fwd (hands joined) & pivot turn:  
Keeping one or both hands joined, bgng on outside ft, 2 open two-steps fwd in LOD, slightly face-to-face and back-to-back (with eye contact).
- 7-8 In closed shldr-wst posn, bgng on M's L, W's R ft, 4 pivot steps arnd CW as in Fig. I, B.
- 1-8 Repeat entire figure.

FIG. IV (CUE: M FWD, W BKWD):

- 1-2 A. Fwd & back with W dancing bkwd: (both hands joined):  
M facing LOD, W at his R side facing RLOD, hands joined at shldr height, M holding W's fingertips, her R in his L, her L in his R, M's L arm is thus bent at elbow and his R arm is outstretched. Bgng on M's L and W's R ft, 3 walking steps in LOD, M moving fwd, W bkwd, followed by rest and touch of toe of free foot.
- 3-4 M and W ea turn half way arnd to face opp dirn, M turning CW and W turning CCW under M's upraised arm; M simultaneously begins on R ft to walk 3 steps in RLOD, while W begins on L ft to walk bkwd 3 steps in RLOD. Arms are now crossed with ptrn's, M's L arm outstretched and R arm bent at elbow. Rest and touch free toe on 4th beat.

- 5-6 B. Two-step fwd (one hand joined) & pivot turn:  
Releasing hold with his L hand but retaining hold with his R, M turns to his L to begin 2 open two-steps fwd in LOD, as in Fig. I, B.
- 7-8 In closed shldr-wst posn, bgng on M's L, W's R ft, 4 pivot steps arnd as in Fig. I, B.
- 1-8 Repeat entire figure.

FIG. V (CUE: W'S TWIRLS):

- 1-2 A. Fwd & back with W twirling (one hand joined):  
Ptrns with inside hands joined, bgng on outside ft, M takes 3 walking steps in LOD, while W dances 3 pivot steps CW to twirl once arnd under his uplifted arm, moving fwd in LOD. Both follow with touch of toe of inside ft across in LOD on 4th cnt.
- 3-4 Without changing handhold, bgng on inside ft, M takes 3 walking steps sideways in RLOD, while W dances 3 pivot steps CCW to twirl once arnd in other dirn, moving in RLOD. Both follow with touch of toe of outside ft across in RLOD on 4th cnt.
- B. M two-steps fwd while W twirls twice (1 hand joined) & pivot turn.
- 5-6 Maintaining same hndhold, bgng on outside ft, M dances 2 open two-steps fwd in LOD, while W dances 4 pivot steps CW to twirl twice arnd under his uplifted arm, moving fwd in LOD.
- 7-8 In closed shldr-wst posn, bgng on M's L, W's R ft, 4 pivot steps arnd as in Fig. I, B.
- Repeat entire figure.

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1-8, 1-8      FIG. VI (CUE: FIG. I REPEAT):  
Repeat Fig. I, A-B, precisely as above (2x thru). \*

\* It is customary in Norway to repeat the first figure of Parisarpolka at the conclusion to "tone down" the dance for a less flashy, more dignified ending. Since virtually all folkdancing in the old country is done to live music, it is up to the musicians to decide on how many times the dance is repeated, depending upon their own mood and that of the dancers.

Description by: Gordon E. Tracie © 1965.

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add at end:

Alternate recording: "Norsk parisarpolka" on RCA LPM 9910,  
which allows for Figs. 1 thru 5 plus  
Fig. 1, 1x thru complete.